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# New Beginnings

Monroe County Jail 90 Day Reentry Program

# Introductions

- Ashley Collins, MSW, LSW
- Samantha “Sam” Reitz, MA

## Panel:

- Colonel Sam Crowe, Monroe County Jail Commander
- Susan Allen, Monroe County Probation, Court Alcohol and Drug Program Director

# New Beginnings Update Disclaimer

- Due to the changes to Recovery Works policy, this program is currently undergoing some changes that will be discussed throughout the presentation.

# What is New Beginnings?

- A 90 day reentry program at the Monroe County jail.
- Participants in the program receive life skills groups for 15 hours per week for the last 90 days of their incarceration in separate dorm from general population.
- The program continues for another 90 day post-incarceration.
- Every participant has an individualized reentry plan created prior to their release, which includes recommended services for them to participate in based on their individual needs.
- Graduation of the program occurs at approximately 180 days; however, this does not mean their treatment ends.



# 90 Days In/90 Days Out Program



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# 60 Days In/120 Days Out Program



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# Monroe County Jail

Jail Commander Colonel Sam Crowe has provided dorms for therapeutic communities:

- 12 bed dorm for men
  - Started on 4/10/2017
- 5 bed dorm for women
  - Started on 11/2/2017



# Therapeutic Community

Therapeutic Community (TC) offers a therapeutic culture and environment in which participants receive treatment and other services in a housing area separated from the rest of the incarcerated population. TC participants receive several hours of structured programming per day, involving progressive stages of treatment designed to guide participants through recovery, absent of most the challenges often associated with typical incarceration culture.



# Purpose of New Beginnings

- Reduce risk of resuming substance use and increase stabilization of mental health symptoms
- Decrease likelihood of recidivism
- Increase overall engagement/ treatment completion
- Increase life skills i.e. employment, handling emotions, developing and utilizing a support system in the community, ability to manage reentering the community with more coping skills in place etc.
- Allow for a seamless transition into treatment based on continued needs upon reentry into the community.



# Purpose Continued

- Reentry Preparation
  - Transferrable Life Skills
  - Transferrable Relapse Prevention Skills
  - Reentry Transition Plan
  - Connection to Centerstone and Community Resources

# How is this funded?

- Initially, we received permission from the Division of Mental Health and Addiction (DMHA) for a 90 day reentry pilot and partnered with the Monroe County jail to make it possible. Paid for with Recovery Works money.
- Changes to Recovery Works funding availability while the participants are incarcerated has resulted in only being able to financially provide 60 days of programing in the jail.
  - 3 Pots of Money
  - \$1,500 for Reentry services per client per lifetime

# Eligibility Criteria

- Program Participant Must Qualify for Recovery Works
  - 18 years of age or older
  - Past, current, pending felony
  - Substance or co-occurring disorder
- Level Of Need 3 or higher on the Adult Needs Strength Assessment (ANSA)
- Must be cleared to live in a communal setting within the jail
- Participant has a minimum of 90 days supervision post release
- The client does need to be able to read and write well enough to be able to read curriculum and complete their homework assignments.



# How do referrals work?

- Referrals are made by Judges, Probation Officers, Prosecutors, and Public Defenders.
- A referral to the program has to include a Recovery Works referral which can only be made by criminal justice providers.
- Potential participant is put on a waitlist and the referral source is emailed with an anticipated bed availability date.
- Comprehensive Bio-psychosocial Assessment is completed to determine if he/she is appropriate for the program and needs.

# Evidence Based Curricula

- Moral Reconciliation Therapy (MRT)
- The Relapse Prevention Program by Hazelden
- Hazelden Cognitive Workbook for Criminal Justice Settings
- SAMHSA Anger Management for Substance Abuse and Mental Health Clients

# Evidence Based Curriculum Cont.

- Gender Specific Curriculum:
  - Helping Men Recover: A Program for Treating Addiction (Men) by Stephanie Covington, Dan Griffin, and Rick Dauer
  - Beyond Trauma: A Healing Journey for Women (Women) by Stephanie Covington
- Individualized re-entry plan
- Provide 15 hours per week of life skills group

# Individualized Re-entry Plan

- Each participant has an individualize plan. We don't use cookie cutter reentry plans. Some of the possible services in their plan are:
  - Everyone attends New Beginnings Accountability Community group weekly
  - Moral Recognition Therapy
  - Twelve Step Facilitation/ Aftercare
  - Matrix Intensive Outpatient Treatment
  - Individualized Therapy
  - Recovery/Employment/Health Coach
  - Eye Movement Desensitization and Reprocessing (EMDR)
  - Dialectical Behavior Therapy (DBT)
  - Fatherhood (Providing Opportunities for Parental Success-POPS) program
  - Care Coordination
  - Assist with finding housing





# Vivitrol Jail Pilot

- Monroe County Jail partners with Alkermes to provide eligible and willing clients with a free Vivitrol injection prior release.
- The New Beginnings program allows Centerstone to provide the clients with information regarding Vivitrol.
- Participants who choose to participate in the Vivitrol pilot are given a free Vivitrol injection (costs \$1341.18) within a week of their release courtesy of Alkermes.
- Centerstone works closely with the jail medical staff to obtain necessary information to have a seamless process of getting the clients connected with a Centerstone psychiatrist to ensure they get their next monthly dose on schedule once they are released.

# Community Partners

- AA volunteers to provide weekly groups in both dorms
- Weekly yoga class for the women
- Middle Way House—Support Group for Women
- New Leaf New Life—Birth Certificates
- POPS
- There have been several graduates of the program who enjoy coming back into the jail to talk to the participants about their experience not only in the program but with Vivitrol as well.

# The Numbers

- This program is only a little over 2 years old, so this is some raw data:
  - Enrolled 103 men
  - Enrolled 32 women
- If the clients do not complete the 90 days community portion of the program, 100% of them end up back in jail or prison due to probation violations.
- The recidivism (committed a new offense) rate is 16% for clients who complete the entire 180 days of the program.

As of 7/8/2019



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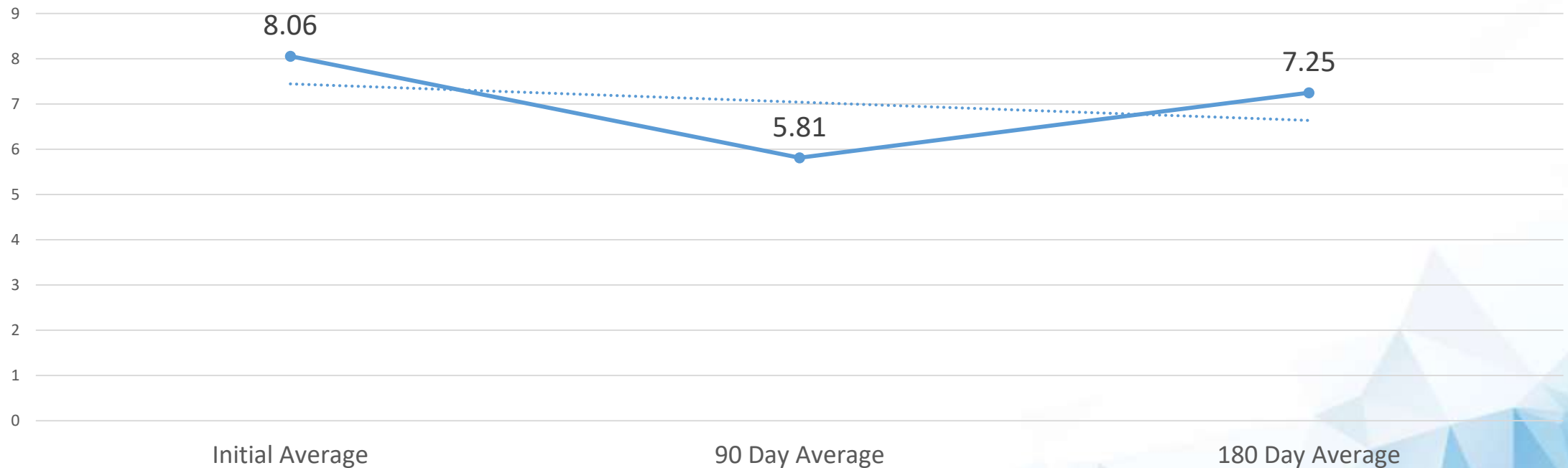
# The Numbers—PHQ9/Depression

- 9 Questions
- Rate symptoms over the last 2 weeks
  - 0-Not at all
  - 1-Several Days
  - 2-More than half the Days
  - 3-Nearly Every Day
- Score Interpretation→

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression

# The Numbers-Snapshot of Depression

## Depression Scale PHQ9



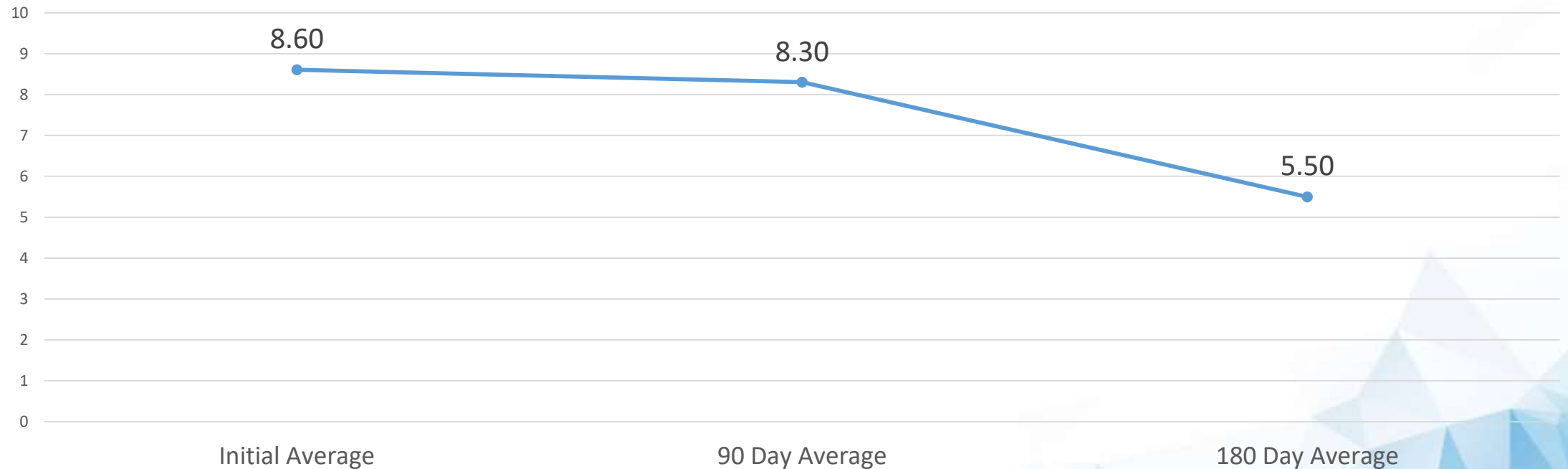
# The Numbers—GAD7 / Anxiety

- 7 Questions
- Rate symptoms over the last 2 weeks
  - 0-Not at all
  - 1-Several Days
  - 2-More than half the Days
  - 3-Nearly Every Day
- Score Interpretation→

Total Score	Anxiety Severity
≥10	Possible diagnosis of GAD; confirm by further evaluation
5	Mild anxiety
10	Moderate anxiety
15	Severe anxiety

# The Numbers-Snapshot of Anxiety

## Anxiety Scale GAD 7



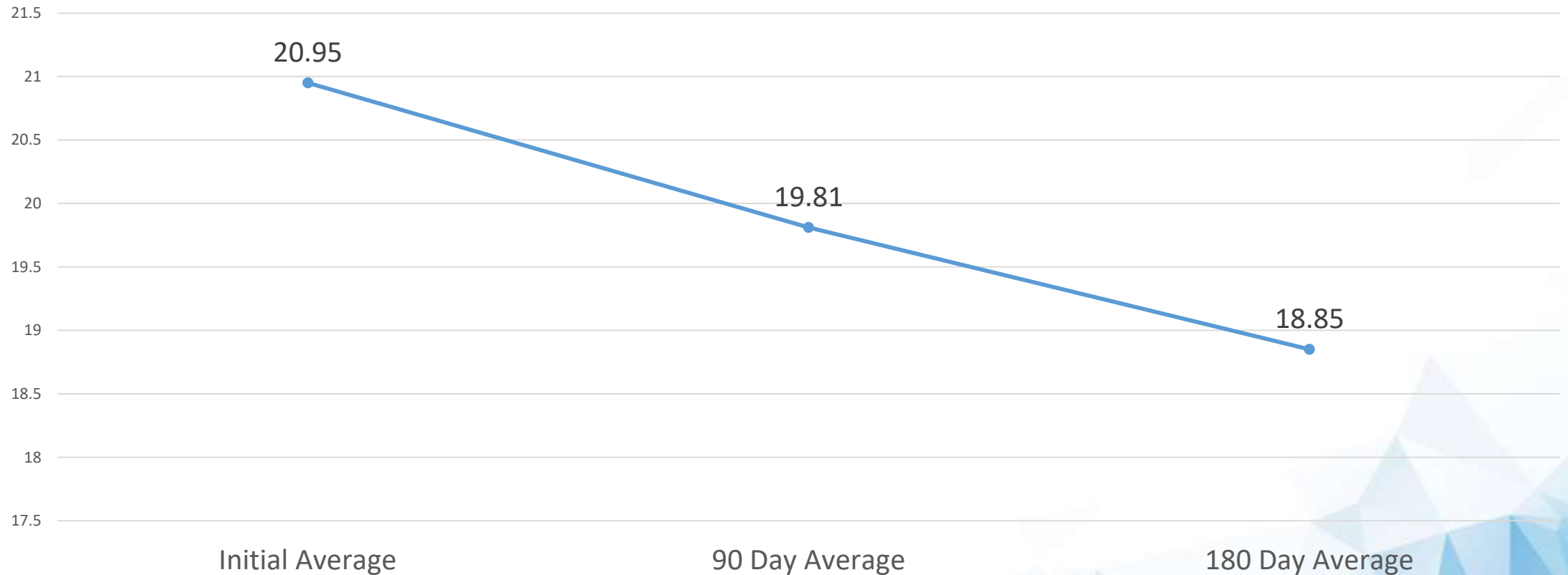
# The Numbers—Criminal Thinking

- Texas Christian University (TCU) Criminal Thinking Scale
- The 6 CTS scales include:
  1. Entitlement
  2. Justification
  3. Personal irresponsibility
  4. Power orientation
  5. Cold heartedness
  6. Criminal rationalization



# The Numbers-Snapshot of Criminal Thinking

TCU Criminal Thinking Scale



# Barriers

- Limited space in the jail preventing additional growth
- Lifetime amount per client of Recovery Works dollars has decreased from \$14,000 to \$10,000 to \$7,500.
- After that, there were caps on each services provided. Only 24 Units (15 minutes) per client for life skills groups. (Prior Authorizations)
- Now, for reentry services, \$1,500
- Currently looking for grants to expand the program and possibly accept misdemeanor clients.

# Upcoming Possibilities

- Middle Way—Group for men
- New Leaf New Life—Reentry Workshops
- Anthem—Health Classes
- CCPE—Say it Straight

# Questions??

